

## Notes for developing Parent-Teen Contracts:

As in the development of other contracts, your teen should be involved in the process of developing the Parent-Teen Contract. Their participation can contribute to their sense of ownership and reinforce the contract terms. Be specific, clear and creative.

### 1. Guidelines - Examples:

- You will not drink any alcoholic beverage - for example, beer wine, hard liquor - or drinks containing or made from liquor until you are of legal age.
- or
- No one in our family will accept a ride with anyone who appears to be under or is actually under the influence of a drug. Instead, they will stay where they are and call for a ride home.

### 2. Monitor - Examples:

- Parents' observation
- Parents talking with other parents
- Parent calling to ask about supervision at parties

### 3. Consequences

- *Examples for following guidelines:*
  - Family celebration night
  - Verbal recognition, "Hey, you've done a great job!"
- *Examples for not following guidelines*
  - Family Problem solving meeting
  - Restrictions or reduced freedoms
  - Parent has individual talk with child

*This material was developed by Mary Casey-Goldstein, Kevin Haggerty and Richard Catalano, (2002) "Raising Healthy Children Navigating Independence Booster Session", Funded by the National Institute on Drug Abuse*

# TEEN and PARENT CONTRACT

Issue \_\_\_\_\_

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1. Guidelines: \_\_\_\_\_

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2. Monitoring: \_\_\_\_\_

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3. Consequences:

- FOR following Guideline \_\_\_\_\_

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- For NOT following Guideline \_\_\_\_\_

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